

# **Missouri** **WIC**

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**Noj Zauba Mov Zoo.  
Noj Qab Nyob Zoo.**

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**Poj niam, me nyuam mos  
thiab me nyuam yaus**



**Pom Zoo Cov  
Npe Zauba Mov**

Siv Tau Txij Lub Tsib Hlis 1,  
2016 txog Lub Cuaj Hli 30, 2017

Muaj lus nug tas li .....	2
Yuav ua li cas yuav tau WIC.....	2
Mis, mis tshis, kua mis .....	3
Cheese .....	4
Kua mis nyeem qaub .....	5
Taum paj, qe, taum mog, roj butter, kaum poom / taum qhuav.....	6
Hmoov ntsiav nplej yog pob kws .....	7-9
Khaub noom txias ntsiav nplej yog pob kws.....	10
Khaub noom.....	11
Ncua ci ua daim .....	12
Tsheem Hmoov Nplej Pasta .....	13
Txhuv Liab, Cov Lus Qhia Txog Khoom Noj Zoo rau WIC .....	14
Kua ntxiv rau poj 100% .....	15
Kua ntxiv rau me nyaum yaus 100% .....	16
Txiv hmab txiv ntoo khov thiab tshiab .....	17
Zaub khov thiab tshiab .....	18
Hau kev yuav zaub thiab txiv hmab txiv ntoo tshiab .....	19
Hau kev siv saib xyuas txiv hmab txiv ntoo mos .....	20
Zaub mov me nyuam mos .....	21
Nqai pub rau me nyuam mos, ntses hauv txws rau tus niam noj .....	22

## Tseem ceeb:

- Cov tuaj koom muaj peev xwm yuav tau yam khoom uas luam nyuas WIC nkaus xwb
- Muaj qee yam khoom nyob rau hauv phau ntawv me no yuav tsis muaj muag nyob rau lub knw hauv WIC



# Muaj lus nug tas li

- Q. Kuv puas siv tau kuv daim ntawv WIC tshev nyob lwm lub lav?
- A. Tsis tau. daim ntawv Missouri WIC tshev siv tau nyob rau hauv Missouri xwb.
- Q. Yuav muaj dab tsi tshwm sim yog kuv ua kuv daim ntawv tshev poob, tub sab nyiag los yog puas?
- A. ceeb toom rau koj qhov ua hauj lwm WIC paub.
- Q. Kuv puas pauv taurov qab yog kuv tsis siv cov nyiaj tag nrhov hauv daim ntawv tshev WIC?
- A. Tsis tau, cov kiab khw tsis tso cai thim nyiaj rov qab cov nyiaj tsis tau siv mus rau koj tus WIC.
- Q. Kuv puas pauv tau cov zaub mov hauv kuv daim ntawv tshev?
- A. Tsis tau, koj qhov ua haujlwm WIC thiaj muaj cai pauv koj li zaub mov yog koj muaj dab tsi cuam tshuam los yog xav tau kev pab tshwj xeeb, nco ntsoov tham nrog tus kws saib xyuas zaub mov ntawm WIC ua ntej koj daim tshev nyiaj raug luam tawm.
- Q. Leej twg kuv thiajyuav nrog sib tham tau yog kuv muaj lus nug txog zaub mov WIC?
- A. Koj yuav tsum musnug koj lub chaw ua hauj lwm WIC.
- Q. Kuv puas yuav tsumyuav txhua yam nyob rau hauv daim ntawv tshev WIC?
- A. Tsis tau, koj yuavtsum tau txais yam nyob hauv daim ntawv tshev.

## Yuav ua li cas yuav tau WIC

### Nqa mus rau komkiab Nqa mus rau tom kiab khw:

1. WIC (ID) nplaubtshev thiab WIC pom zoo khoom noj khoom haus daim ntawv teev. Siv wic tau pom zookom koj yuav raws li hauv cov teev tseg.
2. Daim ntawv tshev WIC Lawv yuav tsum tau raug siv *li ntawm thawj* zuag thiab zaum kawg siv *luam* tawm txhua daim ntawv tshev.

### Thaum tseem yuavkhoom:

1. Siv WIC daim tshev nyiaj yuav cov khoom noj thiab hom khoom noj raws li yam muaj npej pub yuav tau thiab raws li WIC tau pom zoo cia yuav cov khoom noj uas WIC muaj cai yuav tau.
2. Muab faib tshem covzaub mov wic los ntawm lwm yam uas koj yuav hauv lub tawb nqa khoom.

### Kev mus sau npe:

1. Qhia tus luj khoomtias koj tab tom yuav khoom ntawm WIC.
2. Muab faib cov zaubmov ntawm WIC tawm ntawm lwm yam khoom uas koj tau yuav.
3. Muab daim ntawv tshev WIC rau tus luj khoom ua ntejcov khoom raug scan.
4. Faib cov khoom noj raws li txhua daim nyiaj tshev ntawm WIC uas tab tom siv yuav khoom. Txhua daim nyiaj tshev ntawm WIC yuav tsum muab nyias them nyias li
5. Muab WIC lub plhaub rau daim npav ID qhia rau tus kws tuav nyiaj kom kos npe ua pov thawj. Tej zaum tus kws tuav nyiaj yuav siv lwm cov ntawv ua pov thawj.
6. Tus luj khoom yuavsau lub hnub nyooog uas koj yuav thiab tag nhro cov nyiaj uas yuav them raudaim ntawv tshev WIC.
7. Tus luj khoom khosnpe rau daim ntawv tshev WIC nrog rau lub npe tiag rau ntawm daim ntawvn WIC qhia kom paub ntawv.

## Mis

- Ib hom khoom noj (Tau qhia yuav hom khoom noj uas cia hauv chaw cia khoom)
- Qhov loj ntawm lub thawv khoom noj thiab hom nyiaj tshev luam rau ntawm WIC
- Muaj roj tsawg/tsis muaj roj li (hlais cov roj tawm, ½%, 1%)
- Mis nkaus xwb thiab 2%



## Mis qhuav tsis muajroj

- Muaj ib lub kiabkhw nkaus xwb
- 8 khuaj thawv nkausxwb



## Muaj mis las tojdawb (muaj nyob qhov twg)

- Tsawg yam
- Muaj rog tsawg / tsis muaj roj (saib ½%, 1%)
- Tag nrho cov mis los 2%
- Ib nrab taub yasnkaus xwb
- Tiaj

## Mis txawj yaj

- Muaj ib lub kiabkhw nkaus xwb
- Muaj rog tsawg / tsis muaj roj (saib ½%, 1%)
- Mis txawj yaj
- 12 yam nkaus xwb



## Kuaj butter misnyuj

- Tsawg yam
- Ib khuaj nkaus xwb



## Kua mis

- Ib nrab taub yasnkaus xwb
- 8th Continent, muaj nyob ra vanilla thiab chawj tiaj nkaus xwb
- Great Value, yam\_tseem tiag tiag xwb



Vanilla



Cov tseem  
tiag tiag tiaj



Cov tseem  
tiag tiag

## Tsis tso caí:

- |                      |                 |                   |
|----------------------|-----------------|-------------------|
| • Mis Almond         | • Mis qab       | • Fwj iav         |
| • Mis txiv maj phaub | • Mis tiag tiag | • Mis nyuaj hloov |
| • Mis Taum           | • Dej mis tso   | • Vib tas min     |
| • Mis mov            | kua los         |                   |
| • Mis ntxiv          |                 |                   |

## Cheese

### Tso cai tau:

- Muaj nyob rau hauv khw teb chaws nkaus xwb, mekas, cheddar (zuag tshaj, zuag, zuag tsis heev tsis zuag) Colby, Colby Jack, Monterey Jack, Mozzarella cheeses (tsis yog yuag, tag nrho)
- Tsis muaj roj / cheese g muaj roj
- Yam khw muaj mekasli cheese nkaus xwb



- Muaj 8 los yog 16 yam

### Tsis tso cai:

- |  |  |
|--|--|
| <ul style="list-style-type: none"> <li>• Cheese yam uas txhab ntxiv</li> <li>• Cheese Deli</li> <li>• Zauba mov Cheese</li> <li>• Kis Cheese</li> <li>• Yam Cheese ua tsim tawm</li> <li>• Hlais qhvw ua ib pob pob</li> </ul> | <ul style="list-style-type: none"> <li>• Cheese ua hlab</li> <li>• Cheese kuam</li> <li>• Cheese qab</li> <li>• Cheese txoom</li> <li>• Cheese dawb huv</li> </ul> |
|--|--|

## Mis tsis muaj roj khoom noj thiab qabib yam nkaus, muaj roj tsawg!

1 mis nyuj  
nrho ib khob =  
muaj roj 8 Grams



1 khob muaj 2% =  
muaj roj 5 Grams



1 khob muaj 1% =  
muai roi 2.5 Grams



1 khob muaj 1% =  
muaj roj 0 Grams



# Kua mis nyeem qaub

## Yogurt (Tsuas Ntiv Hauv Lub Kaus Paum 32 oz Xwb)



Coburn/  
Save- A-Lot  
Muaj roj wsawg  
Tiaj  
Vanilla



Dannon  
Muaj roj wsawg  
Tiaj  
Vanilla  
Tsis rog  
Tiaj



Dannon Light & Fit  
Tsis rog  
Strawberry\*  
Vanilla\*



Essential Everyday  
Muaj roj wsawg  
Strawberry  
Tiaj  
Txiv duaj  
Txiv pos  
Txiv Strawberry txiv Tsawb  
Vanilla  
Tsis rog  
Tiaj



Great Value  
Muaj roj wsawg  
Txiv duaj  
Strawberry  
Txiv Strawberry txiv tsawb  
Vanilla  
Tsis rog  
Tsis raug dab tsii  
Txiv Strawberry txiv tsawb  
me ntsis\*  
Rau Vanilla me ntsis\*



HyVee  
Muaj roj wsawg  
Txiv duaj  
Strawberry  
Txiv Strawberry  
txiv tsawb  
Vanilla  
Tsis rog  
Tsis rau dab tsii\*  
Vanilla\*



Kroger  
Muaj roj wsawg  
Nyob qib A tiag  
Nyob qib A Vanilla  
Tsis rog  
Nyob qib A tiag  
Nyob qib A Lite  
Strawberry\*



Schnucks  
Muaj roj wsawg  
Tsis rau dab tsii  
Strawberry  
Vanilla  
Tsis rog  
Tiaj



Shurfine  
Muaj roj wsawg  
Strawberry  
Vanilla  
Muaj txiaj ntsig  
tsis rau dab tsii\*



Yoplait  
Muaj roj wsawg  
De txiv duaj  
Strawberry  
Txiv Strawberry txiv tsawb  
Vanilla  
Tsis rog  
Tiaj



### Tsis tso caí:

- Kua mis nyeem qaub Greek
- Kua mis nyeem qaub tiag

\*mauj qab zib cuav

Kua mis qaub losntawm mis nyuj yog li ntawv nws muaj protein thiab lwm yam nrog muaj cov thaj zaub mov. Siv nws rau xyawslos yog txiv hmab txiv ntoo rau ib tugnoj qab nyob zoo khoom noj txom ncauj.

# Taum paj, qe, taum mog, roj butter, kaum poom / taum qhuav

## Taum paj

### Tso cai tau:

Yom Azumaya:

- Taum paj thooj (16 oz)



Yom NaSoya:

- Taum paj dawb huv muag muuag (16 oz)



## Qe

### Tso cai tau:

- Loj, dawb, tau A orlos yg AA
- Ua lum nkaus xwb



### Tsis tso cai:

- Tsis tshua muaj covroj cholesterol qe
- Qe tsis muaj kesmis
- Qe tshwj xeeb
- Mauj dawb ntau yam
- Qe xim av

## Butter txiv lomhuab xeeb

### Tso cai tau:

- Mos, muaj npuas losyog cov
- Muaj ib lub kiabkhw nkaus xwb
- 16-18 oz hub nkaus xwb



### Tsis tso cai:

- Butter txiv lom huab xeeb
- Butter txiv lom huab xeeb muaj roj tsawg
- Butter txiv lom huab tsis muaj kes mis
- Mixtures nrog jams, jellies zib ntab, marshmallows los yog qhob noom xim kasfes.

## Taum txws

### Tso cai tau:

- Taub butter, Taum muaj roj tsawg, Taum Garbanzo, Tau Raum, Taum Navy, Taum Pinto thiab Taum liab
- Bush zoo tshajplaws ntawm hav txiv yeem
- 16 yam nkaus xwb
- Muaj cov sodium tsawg/Txo kom muaj sodium tsawg



## TTaum qhuav, Taum Mog thiab Taum me

### Tso cai tau:

- Tej Yam ntau yamntawm lub tiaj, qhuav heev taum, taum mog losyog lentils
- Muaj ib lub kiabkhw nkaus xwb
- 16 oz yam nkaus xwb

### Tsis tso cai:

- Khoom noj uas tsis muaj khes mis
- Tso cov nqaij npuas qab ntseg xyaws nrog
- Txuj lom lossis tso xyaws kom qab

# Hmoov ntsiav nplej yog pob kws

Always Save (lub hnab / lub thawv)



Best Choice



Clear Value (lub hnab / lub thawv)



Dierbergs



Essential Everyday



Great Value



WIC khoom noj pabkoj tau txais cov vitamins thiab thaj uas koj xav tau. Tag nrho grain ❤️ yog qhov zoo tshaj plaws t xoij kev uas yuav pib hnub koj.

# Hmoov ntsiav nplej yog pob kws

Great Value



Hy-Top



HyVee



IGA



Kiggins / Save A Lot



Yam khoom zoov  
haus tag nrho

Cov khoom noj tseem ntsiav zoo ua khoom noj txom ncauj! Muab ntaw yam khoom noj tseem ntsiav rau koj tus menuam noj thiab pab txhawb kom nws noj nws cov khoom noj txom ncauj

# Hmoov ntsiav nplej yog pob kws

## Kroger



corn blitz



corn flakes



Multi-Grain  
Toasted Cereal.



Oat Squares



## Ralston (lub hnab / lub thawv)



rice bitz



frosted  
shredded wheat



toasted oats



Wheat  
BRAN  
FLAKES



Corn  
Biscuits



Corn  
Flakes



Rice  
Biscuits



Frosted  
Shredded  
Wheat



Tasteeos



## Schnucks



Essential  
Cereal



CORN  
FLAKES



CORN  
SQUARES



FROSTED  
SHREDDED WHEAT



RICE  
SQUARES



OAT  
WISE



Tasteeos



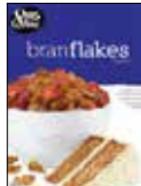
ORIGINAL  
TOasted  
OATS



WHEAT  
SQUARES



## Shurfine



bran flakes



Corn  
Flakes



CORN  
FLAKES



multigrain



lively oats



Crunchy  
Rice



Shredded  
Wheat



toasted oats



# Khaub noom txias ntsiav nplej yog pob kws



IGA



Kroger



Ralston



Schnucks



Shurfine



IGA



Kroger



Ralston



Schnucks



Shurfine

## Yam khoom uas tiام uas tiام lawm ib nrab oatmeal

11.8 - 12 oz (12 lub hnub me / thawv)

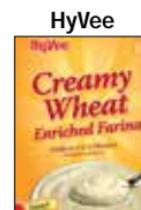
Khoom hav zoov tag nrho



28 oz  
(lub hnub /  
thawv)



28 oz



28 oz

Cream of Rice  
(gluten dawb)



14 oz

Mov kub  
khoom  
hav xoov



18, 28 yog  
36 oz



28 oz  
(lub hnub  
nkwas xwb)



28 oz

Essential Everyday



12 oz

Lub me  
nyuam  
pob zeb

Khaub noom  
pwb kws kub

## Missouri WIC pom zoo yuav khoom hav zov thiab loj li cas

- Pom zoo ntau thiabtsawg: 11.8 / 12 mus rau 36 ntau thiab tsawg pab nyob rau hauv thawv / hnab pom zoo hom thiab ntau yam
- Ntse thiab tuav homtwg thiab ntau thiab tsawg, mus txog rau lub tag nrho ooj teev rau ntawm daimtshev
- Yuav cov hom pom zoo thiab loj li cas nrog rau cov khoom hav zoov txias thiab kub nkaus xwb

# Khaub noom

Tag nrho nplej pob kws /

Tag nrho cov tau txais

16 yam nkaus xwb



**Best Choice**  
100% tag  
nrho nplej



**Bunny**  
100% tag  
nrho nplej



**Dillons**  
100% tag nrho  
nplej Roundtop



**Essential  
Everyday**  
100% tag nrho  
yog nplej



**Healthy Life**  
100% tag nrho nplej  
lisqab zib dawb



**Healthy Life**  
100% ntawm Tag nrho  
nplej pob kws  
Tag nrho tseem ntsiav



**HyVee**  
100% tag  
nrho nplej



**Kroger**  
100% tag  
nrho nplej



**Nature's Own**  
100% tag nrho nplej  
lis qab zib dawb



**Ozark Hearth**  
100% tag  
nrho nplej



**Price Chopper**  
100% tag  
nrho nplej



**Sara Lee**  
100% tag  
nrho nplej



**Schnucks**  
100% tag  
nrho nplej



**Wonder**  
100% tag  
nrho nplej



WIC pom zoo khaubnoom yog ua los nrog  
100% tag nrho los ntawm nplej. Lawv yog cov  
tseemyog ib qho zoo heev qhov chaw ntawm kev  
noj haus fiber, cov vitamins thiabminerals.

## Tag nrho nplej pob kws / Tag nrho cov tau txais 16 yam nkaus xwb



**Best Choice**  
100% tag nrho nplej



**Chi-Chi's**  
Tag nrho nplej



**Don Pancho**  
Tag nrho nplej



**HyVee**  
Tag nrho nplej



**IGA**  
Tag nrho nplej



**Kroger**  
Tag nrho nplej



**La Banderita**  
Tag nrho nplej  
Yam Fajita



**Mission**  
Tag nrho nplej



**Ortega**  
Tag nrho nplej



**Schnucks**  
Tag nrho nplej



**Shurfine**  
Tag nrho  
Yam Fajita



## Pob kws mos 16 yam nkaus xwb



**Best Choice**  
Plaws xaiv pob kws



**Don Pancho**  
Pob kws dawb



**HyVee**  
Pob kws dawb



**La Banderita**  
Pob kws dawb



**La Burrita**  
Lub hom phiaj  
pob kws daj



**Mission**  
Lub hom phiaj  
pob kws daj



**Shurfine**  
Pob kws

Hmoov nplej Mos pob kws yog ib tug zoo qhovchaw ntawm fiber, vitamins B thiab dej nag folic. Txaus siab rau hmoov nplej mos pob kws rau enchiladas, fajitas los yog tacos.

# Tseem Hmoov Nplej Pasta 100%

## Tsheem Hmoog Nplej Pasta

Tsuas yog 16 oz xwb



### Barilla

Plaub Hau Pojnam	Penne
Luj Tshib	Rotini
Linguine	Spaghetti
Hom Loj Nruab Nrab	Spaghetti ua daim

### Kroger

Penne Rigate	Spaghetti
Rotini	Spaghetti ua daim



### Essential Everyday

Luj Tshib	Spaghetti
Penne	Spaghetti ua daim
Rotini	

### Racconto

Capellini	Penne Rigate
Luj Tshib	Rigatoni
Farfalle	Rotini
Linguine	Spaghetti



### Gia Russa

Plaub Hau Pojnam	Roman Rigatoni
Linguine	Rotini
Hom Loj Nruab Nrab	Spaghetti
Penne Rigate	Spaghetti ua daim

### Ronzoni Healthy Harvest

Linguine	Spaghetti
Penne Rigate	Spaghetti ua daim
Rotini	



### Great Value

Spaghetti



### Shurfine

Penne Rigate
Spaghetti

### Hodgson Mill

Plaub Hau Pojnam	Cov Mij Nkaus Mus Los
Elbow Macaroni	Spaghetti ua daim
Spaghetti	

### Tsis Raug Tso Cai:

- Tso piam thaj, nqaij rog, roj lossis ntsev ntxiv
- Tej yam tsis siv chiv li

# Txhuv Liab

## Tso cai tau:

- Tag nrho cov cavntoo tau txais
- Muaj ib lub kiabkhw nkaus xwb
- 16 oz yam nkaus xwb

## Tsis tso cai:

- Mov yam khoom uas tiام lawm ib nrab
- Khoom tsis muaj kesmis



## Cov Lus Qhia Txog Khoom Noj Zoo rau WIC

### Siv Tseem Hmoov Nplej



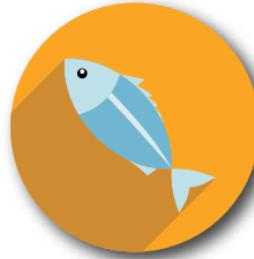
- Tseem hmoov nplej yog cov noob txhuv losyog pob kws uas tseem tsis tau zom. Lawy yuav pab ua kom koj tau txais cov hlab raws li qhov koj xav tau.
- Kev noj cov khoom noj tseem hmoov nplej yuav pab t xo kab mob plawv thiab qee yam mob khees xaws tau.

Zaub thiab Txiv Hmab Txiv Ntoo  
Yuav Pab Ua Kom Muaj Zog

- Cov txiv hmab txiv feem nttau yeej ib txwm muaj roj, muaj sodium thiab calories tsawg.
- Cov keeb folate uas muaj nyob hauv cov txiv hmab txiv ntoo thiab cov zaub ntsuab tseem ceeb heev rau cov pojnam uas ua ntej muaj menuyam hauv plab thiab lub sijhawm cev xeeb tub.
- Cov txiv hmab txiv ntoo thiab cov zaub ntsuab yuav pab lub cev tiv thaiv kab mob thiab ua kom qhov hnyav ntawm lub cev haum thiab zoo.



### Cov Phaus Tees Ua Rau Muaj Zog



- Phaus tees (protein) pom muaj nyob hauv cov nqaij thiab zaub. Cov khoom noj uas muaj phaus tees nttau muaj xws li nqaij ntses, qe, taum thiab txiv laum huab xeeb zom yuav pab ua rau cov leeg nqaij muaj zog thiab loj.
- Cov roj nyob hauv cov noob taum, noob ub noob no thiab nqaij ntses yuav pab t xo tus kab mob plawv tau.

### Tsim Ua Kom Pob Txha Khov Li Hlau



- Cov pob txha xav tau cov keeb calcium thiab vais tas mees D txhua hnub thiaj yuav pab ua rau loj hlob thiab ruaj khov.
- Cov mis uas muaj roj tsawg thiab tsis muaj roj li thiab tshij mis yuav pab ua rau cov pob txha thiab cov hniav ruaj khov.

# Kua ntxiv rau poj 100%

## Rau cov poj niamxwb

11.5 - 12 oz khov feeb kom meej



Always Save

Txiv apple

Txiv kab ntxwv



Best Choice

Txiv apple

Txiv kab ntxwv



Clear Value

Txiv kab ntxwv



Crisp

Txiv kab ntxwv



Essential Everyday

Txiv apple

Txiv hmab

Txiv kab ntxwv



Great Value

Txiv apple

Txiv hmab

Txiv kab ntxwv



Hy-Top

Txiv apple

Txiv kab ntxwv



HyVee

Txiv apple

Txiv kab ntxwv



IGA

Txiv apple

Txiv kab ntxwv



Kroger

Txiv apple

Txiv hmab

Txiv kab ntxwv



Midwest Country  
Fare

Txiv kab ntxwv



Old Orchard

Kua Txiv Apple Cherry

Kua Txiv Apple Cranberry

Kua Txiv Apple

Kua Txiv Apple Kiwi Txiv Po

Nphuab

Kua Txiv Apple Txiv Puab Las

Txiv-Nkaus Taw

Kua Txiv Apple Raspberry

Kua Txiv Apple Txiv Po Nphuab

Txiv Tsawb

Kua Txiv Berry Blend

Kua Txiv Blueberry

Pomegranate

Kua Txiv Cherry Pomegranate

Kua Txiv Cranberry Blend

Kua Txiv Cranberry

Pomegranate

Kua Txiv Cranberry Raspberry

Kua Txiv Hmab

Kua Txiv Kab Ntxwv

Kua Txiv Puv Luj Txiv Kab

Ntxwv

Kua Txiv Puv Luj Txiv Kab

Ntxwv

Txiv Tsawb

Kua Txiv Hmab Dawb



ShurFine

Txiv apple

Txiv kab ntxwv



Tipton Grove

Txiv apple

Txiv kab ntxwv



Valu Time

Txiv kab ntxwv

### Tso cai txiv kabntxwv Kua txiv kab ntxwv:

- Ib hom kua txiv kab ntxwv khov ntawm hom raug pom zoo
- Txiv kab ntxwv kuatxiv nrog sis plawv hniav, tsis muaj sis plawv hniav, lub teb chaws style, fortified nrog poov hlau thiab / los yog vitamin D, etc.

## Rau me nyaum yaus nkauz xwb

64 oz fwj yas



**Always Save**  
Txiv Apple  
Txiv hmab



**Best Choice**  
Txiv apple  
Txiv hmab  
Txiv Lws Suav  
Zaub  
Txiv hmab dawb



**Diane's Garden**  
Zaub



**Dierbergs**  
Txiv apple



**Essential Everyday**  
Txiv Apple  
Txiv Hmab  
Txiv Lws Suav  
Txiv Lws Suav LS ❤  
Zaub  
Zaub LS ❤  
Txiv Hmab Dawb



**Great Value**  
Txiv Apple  
Txiv Hmab  
Txiv Lws Suav  
Zaub  
Tsis Hmab Dawb



**Hy-Top**  
Txiv Apple  
Txiv Hmab  
Txiv Lws Suav  
Zaub  
Txiv Hmab



**HyVee**  
Txiv Apple  
Txiv Hmab  
Txiv Lws Suav  
Zaub  
Txiv Hmab



**IGA**  
Txiv Apple  
Txiv Hmab  
Txiv Lws Suav  
Zaub  
Txiv Hmab



**Kroger**  
Txiv Apple  
Txiv Hmab  
Txiv Lws Suav  
Zaub  
Zaub LS ❤  
Txiv Hmab



**Old Orchard**  
Txiv apple  
Txiv hmab  
Txiv hmab dawb



**Schnucks**  
Txiv Apple  
Txiv Hmab  
Txiv Lws Suav  
Zaub  
Txiv Hmab



**ShurFine**  
Txiv Apple  
Txiv Hmab  
Txiv Lws Suav  
Zaub  
Txiv Hmab



**Tipton Grove**  
Txiv apple  
Txiv hmab



**Shopper's Value**  
Dej txiv kab ntixwv



### Tso cai txiv kabntxwv Kua txiv kab ntxwv:

- Ib hom kua txiv kab ntxwv raug pom zoo uas ntim hauv cov fwj  
64 fl oz (ib nrab gallon)
- Tub yees los yog tso sov

## Cov txiv hmab txiv ntoo



### Tso cai tau:

- Tej yam ntawm yamntawm tshiab tag nrho, halved, quartered, sliced los yog txiav txiv hmab txivntoo tsis muaj ntxiv suab thaj\*
- Txiv hmab txiv ntoontim rau hauv kua txiv
- Tsis mauj kes

### Tsis tso cai:

- Cov txiv hmab txivntoo nrog ntxiv suab thaj\* los yog caramel
- Buffet los yog cov thawv ntim khoom noj los yog tog tais ntawm txiv hmab txiv ntoo
- Pob tawb txiv hmab txiv ntoo
- Qhuav txiv hmabtxiv ntoo los yog txiv hmab txiv ntoo yob ib ce
- Txiv hmab txiv ntoorau purchase rau nyias tuav
- Ceev (e.g., txivilaum huab xeeb) los yog txiv hmab txiv ntoo-noob txiv mixtures
- Ci cov khoom uastxiv hmab txiv ntoo (xws li, blueberry muffins, txiv hmab txiv ntoo thiabtaub dag pies)
- Ornamental los yogtxiv hmab txiv ntoo zoo nkauj
- Kev nqa zaub movuas ua tiam lawm mus rau tib neeg

## Txiv hmab txiv ntoo

### Tso cai tau:

- Tej hom, hom thiabpob loj
- Tej tiaj txiv hmabtxiv ntoo los yog tiaj txiv hmab txiv ntoo mixtures
- Tej txiv hmab txivntoo nrog txiv hmab txiv ntoo kua txiv, dag sweeteners los yog dej
- Tsis mauj kes



### Tsis tso cai:

- Khov txiv hmab txivntoo nrog ntxiv suab thaj\*

## Ua kom muaj Ntau Yam Khoom Noj rau ntawm koj lub phaj!

- Cov txiv hmab txiv ntoo thiab cov zaub ntsuab uas muaj tsos xim uas raug ntim zoo muaj cov vais tas mees thiab cov keeb khoom noj zoo thiab tseem ceeb.
- Kev noj ntau yam khoom noj uas muaj ntau tsos xim yuav muaj txiaj ntsig zoo rau koj li kev noj qab haus huv.
- Ib nrab ntawm koj lub tais yuav tsum muaj zaub ntsuab thiab txiv hmab txiv ntoo.



Qhov Chaw Ntawn Cov Ntaub Ntaww: National WIC Association 2016 WIC Calendar

\*Ntxiv suab thajmuaj xws li: pob kws phoov, high-fructose pob kws phoov, maltose, dextrose, sucrose, zib ntab thiab Maple phoov

## Zaub tshiab

### Tso cai tau:

- Tej Yam ntau Yamntawm tshiab tag nrho, halved, quartered, sliced los yog txiav txiv hmab txivntoo tsis muaj ntxiv suab thaj\*
- Hle lub zaub xaslav, lub taub hau zaub xas lav thiab nyias zaub ntsuab tsis muaj flavorings, hnav khaub ncaws los yog croutons
- Tej qos yaj ywm
- Cov qij thiab tshiab qhiav
- Tsis mauj kes



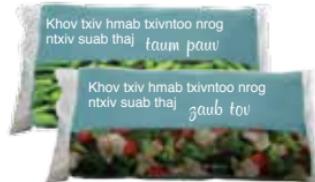
### Tsis tso cai:

- Cov thawv ntim khoom noj buffet los yog tog tais ntawm txiv hmab txiv ntoo
- Pob tawb zaub
- Hle lub zaub xaslav los yog nyias zaub ntsuab nrog nyias cov ntaub qhwv, cheese, croutons losyog lwm yam ntxiv cov khoom xyaw
- Kev nqa zaub movuas ua tiam lawm mus rau tib neeg
- Qab zib, ntses raubreaded zaub
- Tau txais zaub (nplej zom los yog mov) sib tov
- Txiv hmab txiv ntoorau purchase rau nyias tuav
- Cov zaub uas twb ua tiag lawm thiab tau kho kom zoo nkauj lawm (kua txob saum txoj hlua, qijsaum txoj hlua, taub thiab pob kws Indian)
- Tshuaj tsau los yog qhuav muaj zog tshiab los yog yam khoom rau txiv siv kom qab

## Zaub khov

### Tso cai tau:

- Ib hom, ib yam thiab hnab ntim khoom noj
- Txhua yam ntawmtaum thiab taum mog (xws li, ntsuab taum, ntsuab taum mog, snap taum mog, dub-eyed taum mog thiab / los yog taum pauv)
- Tsis tu ncua losyog tsawg-nyob rau hauv-sodium khov zaub
- Tej tiaj khov zaub, khov steamed zaub los yog tiaj khov zaub mixtures tsis muaj ntxiv cov khoomxyaw, seasonings los yog roj
- Tsis mauj kes



### Tsis tso cai:

- Ntxiv suab thaj,\* cov roj los yog ntsev
- Zauber cov, qab thiabraws thaij nyooog
- Zauber nrog cov kuantsw (qe, gravy, cheese ntses thiab / los yog butter), pasta, mij, mov losyog lwm yam khoom xyaw xws li nqaij, nqaij qaib los sis ntses
- Tej Fabkis fries, tater tots, qos rounds, tsuav nqaij qos yaj ywm, shredded hash browns los yoghash xim av patties nrog ntxiv cov rog / roj, seasonings los yog suab thaj\*

# Cov tswv yim qhia yuav khoom

## Cov tswv yim qhia yuav txiv hmab txiv ntoo thiab zaub tshiab

- Xyuas ad specials (online, khw flyers, thiab lwm yam).
- Sib piv cov nqi.
- Yuav txiv hmab txivntoo thiab zaub nyob rau hauv lub caij.

Thaum xaiv txivhmab txiv ntoo thiab zaub uas yog luv nqi los ntawm lub phaus, ua kom tiavcov nram qab no cov kauj ruam.

1. Muab cov khoom norau lub tsev muag khoom noj teev.
2. Muab li tus luij musrau qhov ze phaus los yog ib nrab phaus.
3. Kvw yees tus nqintawm cov khoom raws li nyob rau hauv cov ntawv nram no.
4. Sau qhov khoomthiab tus nqi nyob rau hauv koj daim ntawv teev khoom.



Nrhiav cov nqi rauib phaus nyob rau hauv rau sab laug sab. Nyeem nyob rau hauvdaim ntawv mus nrhiav yuav ua li cas muaj ntawm phaus koj yuav thiab tusnqi ntawm cov txiv hmab txiv ntoo los yog zaub.

Price per lb.	1 lb.	1 ½ lbs.	2 lbs.	2 ½ lbs.	3 lbs.	3 ½ lbs.	4 lbs.	4 ½ lbs.
0.49	0.49	0.74	0.98	1.23	1.47	1.72	1.96	2.21
0.59	0.59	0.89	1.18	1.48	1.77	2.07	2.36	2.66
0.69	0.69	1.04	1.38	1.73	2.07	2.42	2.76	3.11
0.79	0.79	1.19	1.58	1.98	2.37	2.77	3.16	3.56
0.89	0.89	1.34	1.78	2.23	2.67	3.12	3.56	4.01
0.99	0.99	1.49	1.98	2.48	2.97	3.47	3.96	4.46
1.09	1.09	1.64	2.18	2.73	3.27	3.82	4.36	4.91
1.19	1.19	1.79	2.38	2.98	3.57	4.17	4.76	5.36
1.29	1.29	1.94	2.58	3.23	3.87	4.52	5.16	5.81
1.39	1.39	2.09	2.78	3.48	4.17	4.87	5.56	6.26
1.49	1.49	2.24	2.98	3.73	4.47	5.22	5.96	6.71
1.59	1.59	2.39	3.18	3.98	4.77	5.57	6.36	7.16
1.69	1.69	2.54	3.38	4.23	5.07	5.92	6.76	7.61
1.79	1.79	2.69	3.58	4.48	5.37	6.27	7.16	8.06
1.89	1.89	2.84	3.78	4.73	5.67	6.62	7.56	8.51
1.99	1.99	2.99	3.98	4.98	5.97	6.97	7.96	8.96
2.09	2.09	3.14	4.18	5.23	6.27	7.32	8.36	9.41
2.19	2.19	3.29	4.38	5.48	6.57	7.67	8.76	9.86
2.29	2.29	3.44	4.58	5.73	6.87	8.02	9.16	10.31
2.39	2.39	3.59	4.78	5.98	7.17	8.37	9.56	10.76
2.49	2.49	3.74	4.98	6.23	7.47	8.72	9.96	11.21
2.59	2.59	3.89	5.18	6.48	7.77	9.07	10.36	11.66
2.69	2.69	4.04	5.38	6.73	8.07	9.42	10.76	12.11
2.79	2.79	4.19	5.58	6.98	8.37	9.77	11.16	12.56
2.89	2.89	4.34	5.78	7.23	8.67	10.12	11.56	13.01
2.99	2.99	4.49	5.98	7.48	8.97	10.47	11.96	13.46
3.09	3.09	4.64	6.18	5.23	9.27	10.82	12.36	13.91
3.19	3.19	4.49	6.38	7.98	9.57	11.17	12.76	14.36
3.29	3.29	4.94	6.58	8.23	9.87	11.52	13.16	14.81
3.39	3.39	5.09	6.78	8.48	10.17	11.87	13.56	15.26
3.49	3.49	5.24	6.98	8.73	10.47	12.22	13.96	15.71

# Hau kev siv saib xyuas txiv hmab txiv ntoo mos

## Hau kev siv saib xyuas txiv hmab txiv ntoo mos

1. Siv txiv hmab txivntoo thiab zaub tshev ntawm WIC pom zoo khw muag khoom noj xwb.
  2. Yuav tsuas pom zootshiaab thiab khov txiv hmab txiv ntoo thiab zaub.
  3. Cov txiv hmab txivntoo thiab zaub check muaj ib tug tshaj plaws nqi luam rau nws. Yog hais tias kojmuaj txiv hmab txiv ntoo thiab zaub uas ntawm tshaj tus nqi uas rau ntawm daimtshev, koj yuav tau them qhov sib txawv siv:
    - Nyiaj ntsuab, tshev, credit / debit card los yog SNAP EBT card.
    - Ntau tshaj ib txivhmab txiv ntoo thiab zaub check rau ib purchase. (Ib txhia khw muagkhoom noj tej zaum yuav tsuas yuav tau tso cai rau ib tug txiv hmab txiv ntoo thiab zaub check rau ib purchase.)
- Piv txwv li, kojtxiv hmab txiv ntoo thiab zaub check muaj ib tug nqi \$ 11 thiab tus nqi ntawmcov txiv hmab txiv ntoo thiab zaub yog \$ 13. Tej zaum koj yuavyog tshem tawm \$ 2 muaj nqis ntawm txiv hmab txiv ntoo thiab zaub los ntawmkoj purchase los yog tej zaum koj yuav tau them tus ntxiv \$ 2 nrog ib tugntawm txoj kev teev saum toj no.
4. Tax yuav tsum muajntaub ntawy mus rau lub sib txawv yog tias koj them nyaj ntsuab, xyuas losyog credit / debit card.
  5. Yog hais tias kojtxiv hmab txiv ntoo thiab zaub purchase tsis ntxiv mus txog rau lub ntautshaj sau rau ntawm daim tshev, koj yuav tsis tau txais hloov rov qab.



Koj muaj peev xwmtam sim no yuav txiv hmab txiv ntoo thiab zaub uas siv koj cov tshev mis WIC, nrog rau cov nyajntsuab, tshev, credit los yog debit card, los yog SNAP EBT.

## Cov tseem hmoov nplej rau me nyuam mos

### Tso cai tau:

- Tiaj xwb
- Qhuav tsuas
- 8 los sis 16 oz lub ntim xwb

### Tsis tso cai:

- Khoom tsis muaj kesmis
- Ntxiv qhua DHA / ARA
- Ntxiv qhuav txiv hmab txiv ntoo / ceev yogurt thiab / los yog cinnamon



Beech-Nut  
(8 oz xwb)

Oatmeal  
mov  
Multigrain



Gerber  
(8 oz xwb)

Oatmeal  
Mov  
Tag nrho nplej  
Multigrain

## Me nyuam mos liabtxiv hmab txiv ntoo thiab

### Tso cai tau:

- Lub thawv khoom noj 4 oz lossis 2 thawv hnyav 4 oz raws li luam rau ntawm WIC
- Tej theem
- Tej txiv hmab txivntoo los yog mixed txiv hmab txiv ntoo
- Tej txiv hmab txiv ntoo thiab zaub sib tov
- Tej zaub losyog zaub sib tov

### Tsis tso cai:

- Khoom tsis muaj kesmis
- Ntxiv qhua DHA / ARA
- Tso piam thaj, ntsev lossis yam tsw qab ntxiv
- Tso txhuv, cov noob ub noob no lossis tseem hmoov nplej ntxiv
- Tso cov txuj lom lossis yam ua kom tsw qab ntxiv
- Txiv hmab txiv ntoo sib tov, cov nplej zom thiab / los yognqaij ua ke
- Zauber tov thiab / los yognqaij ua ke
- Noj hmo los yogntxiv nqaij



Beech-Nut



Gerber  
2 pobs



Tippy Toes

## Txiv hmab thiab zaub

Cov txiv hmab txivntoo thiab / los yog zaub yog tso cai rau cov me nyuam mos tsuas yog thaumsau rau ntawm WIC cov tshev mis.



Nco ntsoov pub  
menyuam mos liab  
tej khoom noj los  
ntawm ib diav.

## Me nyuam mos liabmis

- Qhov ntaw tsawg, lub cim, hom thiab qhov loj me ntawm qhov luam rau daim ntaww WIC

## Me nyuam mos liab Nqaij

### Tso cai tau:

- 2,5 oz lub ntim xwb

### Tsis tso cai:

- Khoom tsis muaj kesmis
- Ntxiv qhua DHA / ARA
- Zauba thiab yognqaij ua ke
- Sib xyaw nqaij thiab txiv hmab txiv ntoo
- Noj hmo



Beech-Nut



Gerber



Tippy Taw

Me nyuam mos liabtej khoom noj nqaij yog ib tug ntxiv pab rau siab noj niam mis me nyuam mo.

## Nqai pub rau me nyuam mos, ntsес hauv txws rau tus niam noj

### Kaus poom ntses

#### Lub teeb Ntses Tuna (5 oz)



### Tso cai tau:

- Tsawg yam
- Dej ntim wxb
- Chunky, khoom losyog grated
- Tsawg Sodium

### Tsis tso cai:

- Dawb los yogalbacore tuna
- Ntxiv flavouring, seasonings los yog ntses
- Ntawn nyiaj pouches
- Lub thawv ntim khoom noj uas muab kev saib xyuas
- 4 thawv/ntau thawv

#### Kaus poom Kaus Poom Ntses Salmon (5 oz)

### Tso cai tau:

- Tsawg yam
- Liab ntses liab xwb
- Tsuas yog thawv dej xwb

### Tsis tso cai:

- Luam Yeeb thiab hnab ntim tshuaj
- Nqaij Liab, Nqaij Ntses Liab lossis Nqaij Ntseg Qus Alaska Pink Salmon
- Ntxiv flavouring, seasonings los yog ntses
- 4 thawv/ntau thawv



### Sardines (3.75 oz)

### Tso cai tau:

- Tsawg yam
- Thawv dej
- Kua txiv lws suav lossis kua zaub ntsuab

### Tsis tso cai:

- Kub ntses, kub ntuab chilis
- Luam Yeeb
- Nplooj zaub txuj lom (basil)
- Hnab ntim tshuaj
- Lub thawv ntim khoom noj uas muab kev saib xyuas

## Txav mus rau 1% mis rau thiab / los yog Cov npuas mis nyuj!

- Mis Cov npuas mis nyuj tsis muaj roj nyuj muaj tsis muaj roj.
- 1% mis nyuj yog lubneej tom ntej no zoo xaiv. Nws muaj xwb 30% ntawm cov rog nyob rau hauv tag nrho cov mis nyuj thiab tseem muaj tib lubtsw. Qhov zoo yog kav tsij siv cov npuas mis nyuj.
- 1% thiab skim misnyuj muaj ntau calcium thiab yog qhov zoo xaiv rau txhua leej txhua tus uasmuaj hnub nyoog 2 xyoos.



Mis piv (1 khob / 8 oz)	Tag mis (3.25%)	Tsawg rog mis (2%)	Rog mis (1%)	Yim Mis
Calories	149	122	102	83
Tag nrho cov rog (gm)	8	5	2.5	0
Noo rog (gm)	4.5	3	1.5	0
Protein (gm)	8	8	8	8
Calcium (mg)	276	293	305	299
Vitamin D (IU)	124	120	117	115

Pov thawj: hauj lwm kev noj haus txawv teb chaw rau Standard siv Tso 26



**Missouri Lub Tsev Haujlwm Saib Xyuas Kev Noj  
Qab Haus Huv thiab Cov Neeg Laus  
WIC thiab Kev Pab Khoom Noj Zoo**  
 P.O. Box 570  
 Jefferson City, MO 65102-0570  
 573-751-6204  
[health.mo.gov/wic](http://health.mo.gov/wic)

DHSS yog ib tug vajhuam sib luag / txhua tus tib yam chaw ua hauj lwm.  
Cov kev pab cuamrau ib tug uas tsis yog saib tsis taus lub hauv paus.

Pauv ntaub ntawntawm cov phau ntawv no yog rau cov neeg muaj kev tsis taus tej zaum yuavmuab tau los ntawm hu rau Missouri Lub Tsev Haujlwm Saib Xyuas Kev Noj Qab Haus Huv thiab Cov Neeg Laus ntawm Services ntawm 573-751-6204.

Hearing- thiab haislus tsis-tsisi-pej xeem yuav hu 711.

Lub chaw haujlwm no yog ib lub chaw muaj vaj huam sib luag.

WIC-640 (05-16)